

Mental & Behavioral Health in North Carolina
Needs, Resources, and Culturally Appropriate Care

Luke Smith
El Futuro

Building a mental health system that works for every community

Underfunding hurting mental health patients

Critical human resource gap exists as country boasts solid mental health policies

By [Name] and [Name]

GENEVA (AP) — An acute shortage of a major public hospital in Ecuador...

For months, Mr. Saldaña has had to manage his schizophrenia and other mental health prescriptions, as he continues on a long wait for a second prescription.

From suicide attempts to binge drinking and leaving some of his wounds on the border, the 34-year-old is on the edge, a fact that has kept his family distraught, always fearing a call with bad news.

His mother, Lida, told she has she fears for her son's life.

"We have stopped worrying about whether he will become a doctor. We have given up on that and made peace with it. We just want that to get help and to well, that if he will eventually have to be treated like an adult, but for a

in." The long wait for appointments and underfunding in mental health as a public health function is keeping millions of mentally ill people suffering away from receiving the help they need, a fact that is not only depressing, but also heightening their suicide risk.

A report by the Kateri Legal & Ethical Issues Network on IEC and Aids Katani, a human rights lawyer writing championing against health rights, paints a grim picture of an underfunded, rigid, and neglected policy environment that continues to harm Ecuadorians living with mental health conditions.

It says there is "a lack of integrated" analysis done to assess mental health policies in order to be based and tailored to the diverse needs of the population, leading to a one-size-fits-all approach, which often fails to address the unique circumstances of various populations.

around 100 practitioners, which translates to a practitioner per million population.

According to the Ministry of Health guidelines, Ecuador needs 1,800 more practitioners, 7,000 more psychiatric nurses and 3,000 more psychologists.

The Kateri report says despite the shortage, many mental health professionals work outside the public sector. Of Ecuador's 70 psychiatrists and 417 psychologists, only 16 psychiatrists and 117 psychologists are employed in public hospitals.

(+) INSTANT ANALYSIS

As the country continues to struggle with a growing 1.4% GDP health sector, families are left by the wayside, struggling with the need for support, and the ongoing

Pain

DO YOU HAVE PANIC?

Do you experience episodes of Fear and anxiety?

ANXIETY RESEARCH

18-50 years old

If you feel tense, irritable, concentrating, find yourself worried over small matters, have difficulty sleeping, or are generally upset...

DEPRESSED?

DEPRESSION

are 18 to 60 years old, and have tried antidepressants, you may be eligible to participate in our research study with an investment of...

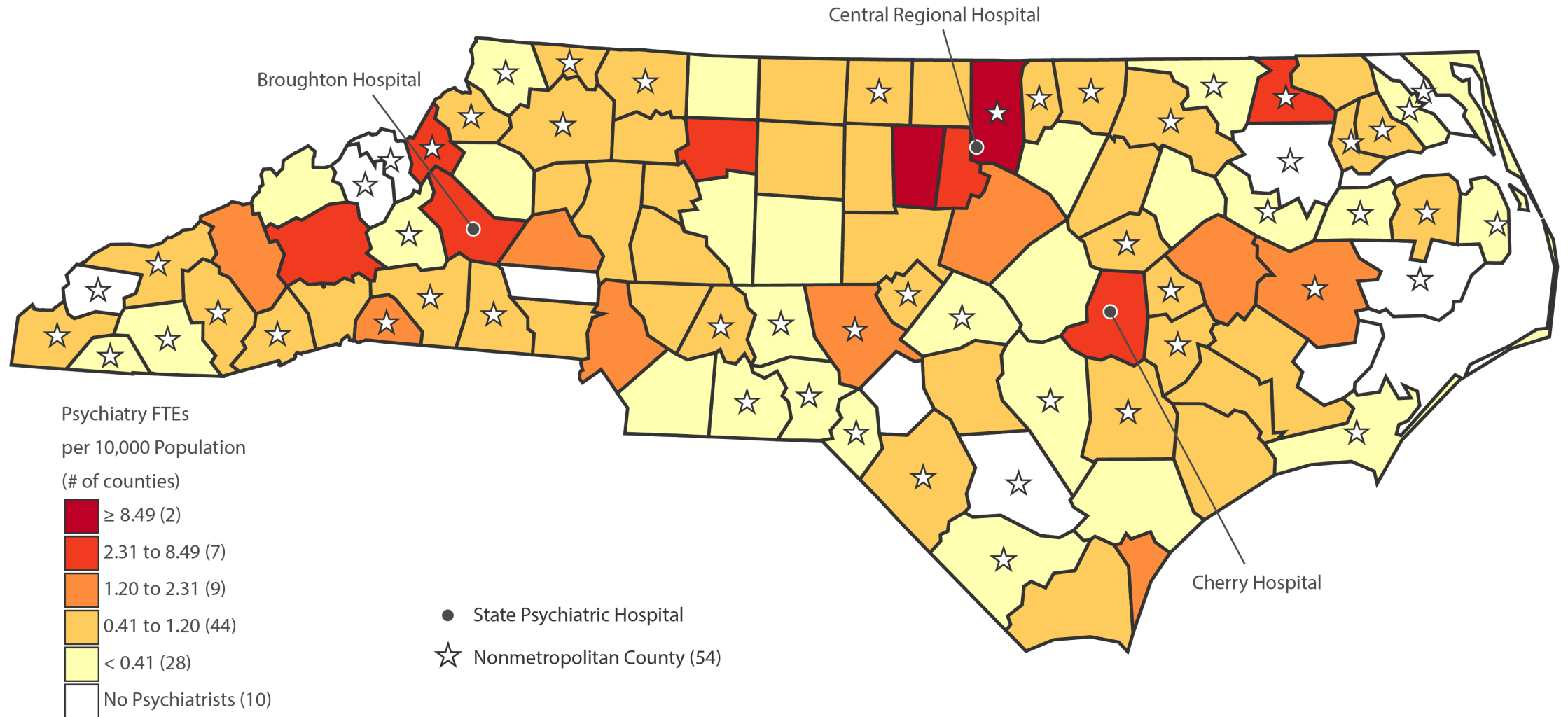
26% of NC Budget - Healthcare

4.5% of NC Budget – Mental Healthcare

28% of Mental Health Needs Met (US)

13% of Mental Health Needs Met (NC)

Psychiatrist Full-Time Equivalents per 10,000 Population, North Carolina, 2017



Notes: Data include active, licensed physicians in practice in North Carolina as of October 31 of each year who are not residents-in-training and are not employed by the Federal government. Physician data are derived from the North Carolina Medical Board. Population census data and estimates are downloaded from the North Carolina Office of State Budget and Management via NC LINC and are based on US Census data. Physicians with a primary area of practice of Psychiatry include the following: Child & Adolescent Psychiatry, Pediatrics - Psychiatry, Addiction Medicine, Addiction Psychiatry, Forensic Psychiatry, Geriatric Psychiatry, Hypnosis, Internal Medicine - Psychiatry, Psychiatry, Psychiatry - Family Practice, Psychoanalysis, Psychosomatic Medicine. Source: North Carolina Health Professions Data System, Program on Health Workforce Research and Policy, Cecil G. Sheps Center for Health Services Research, University of North Carolina at Chapel Hill.

THE STATE OF BEHAVIORAL HEALTH CARE IN NORTH CAROLINA

In North Carolina, there is a severe shortage of professionals to treat both adults and children with behavioral health disorders



94

counties are considered mental health professional shortage areas



61

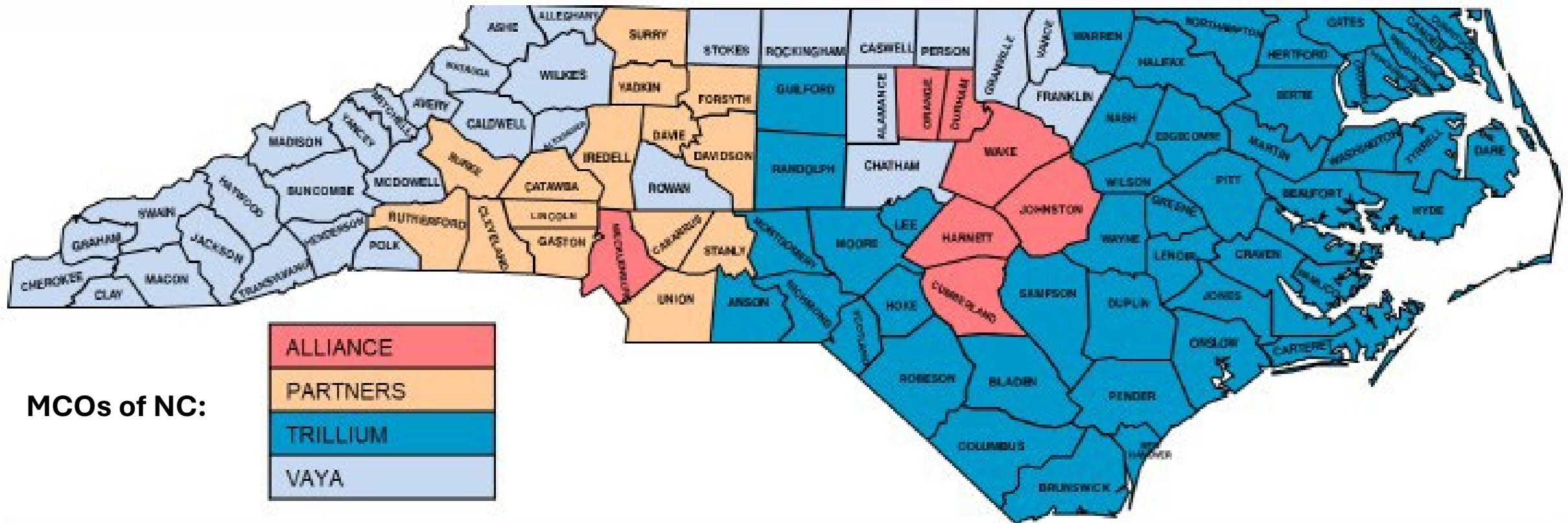
counties have no child and adolescent psychiatrists



52%

of youth who experience a major depressive episode do not receive the treatment they need

North Carolina ranks **38th** in the United States in access to mental health care.



Brokers of Medicaid \$ and Services

Alliance Health

AmeriHealth Caritas North Carolina

Carolina Complete Health

Eastern Band of Cherokee Indians Tribal Option

Healthy Blue

Healthy Blue Care Together

Partners

Trillium

United Healthcare Community Plan of North Carolina

Vaya Health

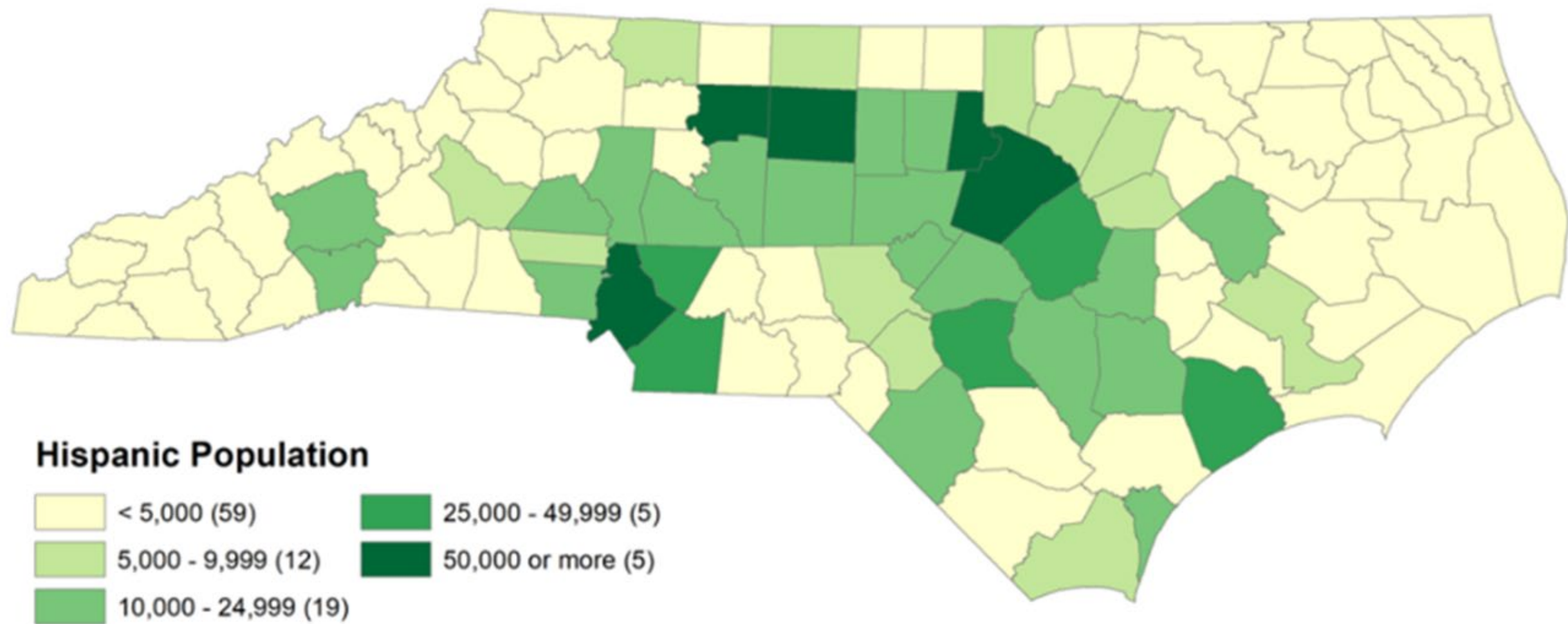
WellCare of North Carolina

Public vs Private

	Private	Public (Medicaid)
Outpatient	41.5%	50%
Inpatient	16.5%	35%
Prescriptions	29.8%	6%
Crisis and ER	12.2%	9%

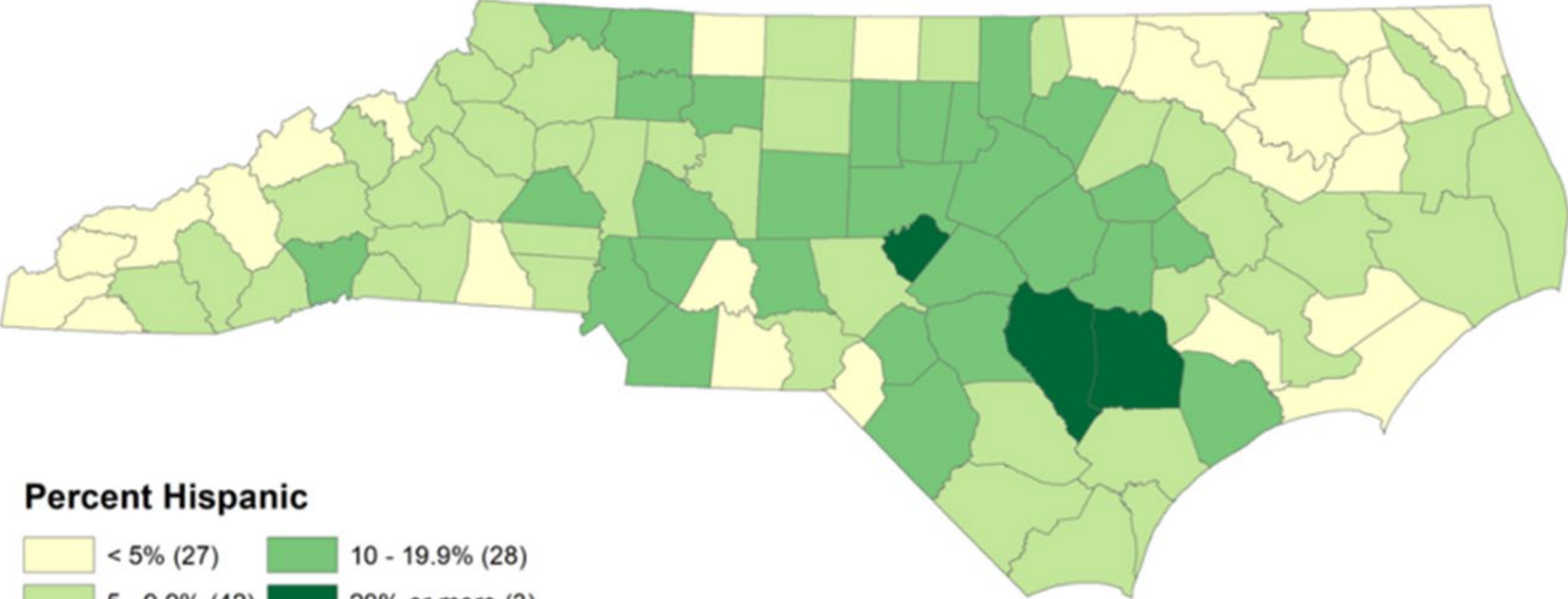
Access Issues

Hispanic Population by Size, 2020



Source: 2020 Census

Hispanic Population as a Proportion of Total Population, 2020



Source: 2020 Census

New Americans in North Carolina



Immigrant population. About 8.6 percent of the state's residents are foreign-born, with at least one immigrant parent. Immigrants make up 11.1 percent of the state's economy in many ways. They account for 14.4 percent of the state's...

OVERVIEW ¹

Immigrant residents ²	915,200
Immigrant share of population	8.6%
Immigrant taxes paid	\$9.8B
Immigrant spending power	\$28.5B

Security.

Share of immigrant women	49.2%
Share of immigrant men	67,300
Number of immigrant children	5.0%
Share of U.S.-born residents living with at least one immigrant parent	492,500
Number of U.S.-born residents living with at least one immigrant parent	76.3%
Share of foreign-born that are proficient in English	

Age Group

0-15

Foreign-Born Population

6.4%

U.S.-Born Population

20.1%

New Americans in North Carolina



... 8.6 percent of the state's residents are foreign-born, ... parent. Immigrants make up 11.1 ... account for 14.4

Share of immigrant women 50.8%

Share of immigrant men 49.2%

Number of immigrant children 67,300

Share of U.S.-born residents living with at least one immigrant parent 5.0%

Number of U.S.-born residents living with at least one immigrant parent 492,500

Share of foreign-born that are proficient in English 76.3%

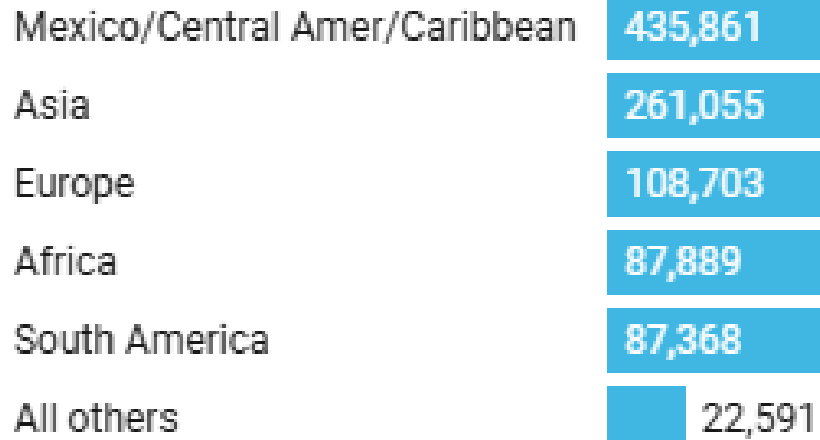
Share of immigrant ...
Share of immigrant men 5.0%
Number of immigrant children 492,500
Share of U.S.-born residents living with at least one immigrant parent 76.3%
Number of U.S.-born residents living with at least one immigrant parent
Share of foreign-born that are proficient in English

Age Group	Foreign-Born Population	U.S.-Born Population
0-15	6.4%	20.1%

New Americans in North Carolina



North Carolina has a large immigrant population. About 8.6 percent of the state's residents are foreign-born, 11.1 percent of its U.S.-born residents live with at least one immigrant parent. Immigrants make up 11.1 percent of the state's labor force and support the state's economy in many ways. They account for 14.4 percent of the state's health care workers, 11.1 percent of its teachers, and 7.8 percent of nurses in the state. As immigrants are an integral part of North Carolina's economy, it is important to understand their needs and ensure they have the resources to succeed.



Share of immigrant women	67,300	
Share of immigrant men	5.0%	
Number of immigrant children	492,500	
Share of U.S.-born residents living with at least one immigrant parent	76.3%	
Number of U.S.-born residents living with at least one immigrant parent		
Share of foreign-born that are proficient in English		
Age Group	Foreign-Born Population	U.S.-Born Population
0-15	6.4%	20.1%

New Americans in North Carolina



...are foreign-born.

Immigrant household income	\$38.3B
Total taxes paid	\$9.8B
Federal taxes paid ³	\$6.6B
State & local taxes paid ⁴	\$3.2B
Total spending power	\$28.5B
Foreign-born, contributions to Social Security	\$3.8B
Foreign-born, contributions to Medicare	\$1.0B

Security

Share of immigrant women	67,300
Share of immigrant men	5.0%
Number of immigrant children	492,500
Share of U.S.-born residents living with at least one immigrant parent	76.3%
Number of U.S.-born residents living with at least one immigrant parent	
Share of foreign-born that are proficient in English	

Age Group

0-15

Foreign-Born Population
6.4%

U.S.-Born Population

20.1%

New Americans in
North Carolina



Number of undocumented immigrants ⁷	314,000
Share of immigrant population who are undocumented immigrants	34.2%
Share of population that is undocumented	2.9%
Share of workforce that is undocumented	3.9%
Share of undocumented immigrants who are working age	86.5%
Undocumented entrepreneurs	24,100
Undocumented household income	\$8.4B
Total taxes paid ⁸	\$1.8B
Federal taxes paid	\$1.1B
State & local taxes paid	\$631.4M
Total spending power	\$6.7B
Number of U.S. citizens living with at least one undocumented family member	239,100
Share of U.S. citizens living with at least one undocumented family member	2.4%

↑ Fear & Stress
↓ Healthcare
Funding & Access

Anti-Immigrant enforcement

↑ Fear & Stress
↓ Healthcare
Funding & Access

Anti-Immigrant enforcement

↑ Fear & Stress
↓ Healthcare
Funding & Access

Funding threats

- Medicaid underfunded
- SNAP benefits reduced or eliminated
- Medicaid renewals every 6 months
- Healthcare Marketplace reduction U48376 Enhanced Tax Credits



Video

**News story about
impact of immigration
enforcement on
Mental Health and
services of El Futuro**







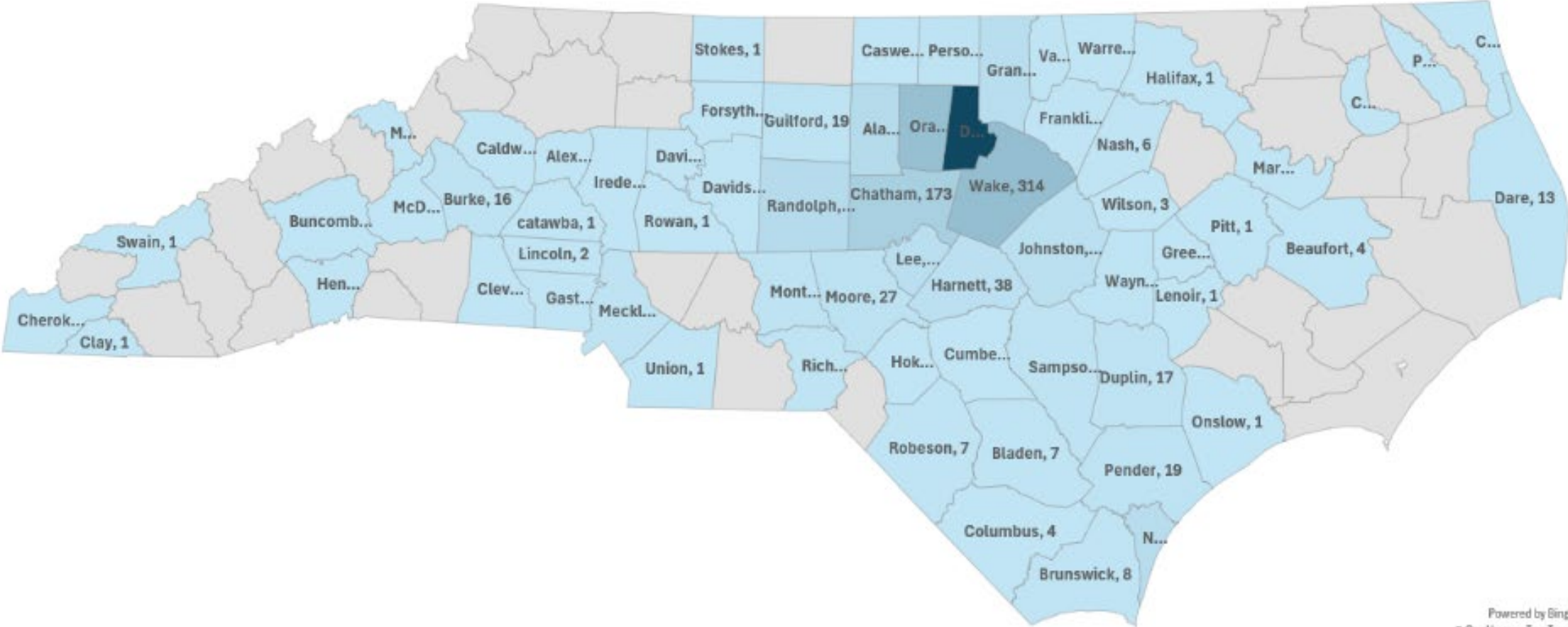
Acculturative Stress, Resilience, and a Syndemic Factor Among Latinx Immigrants



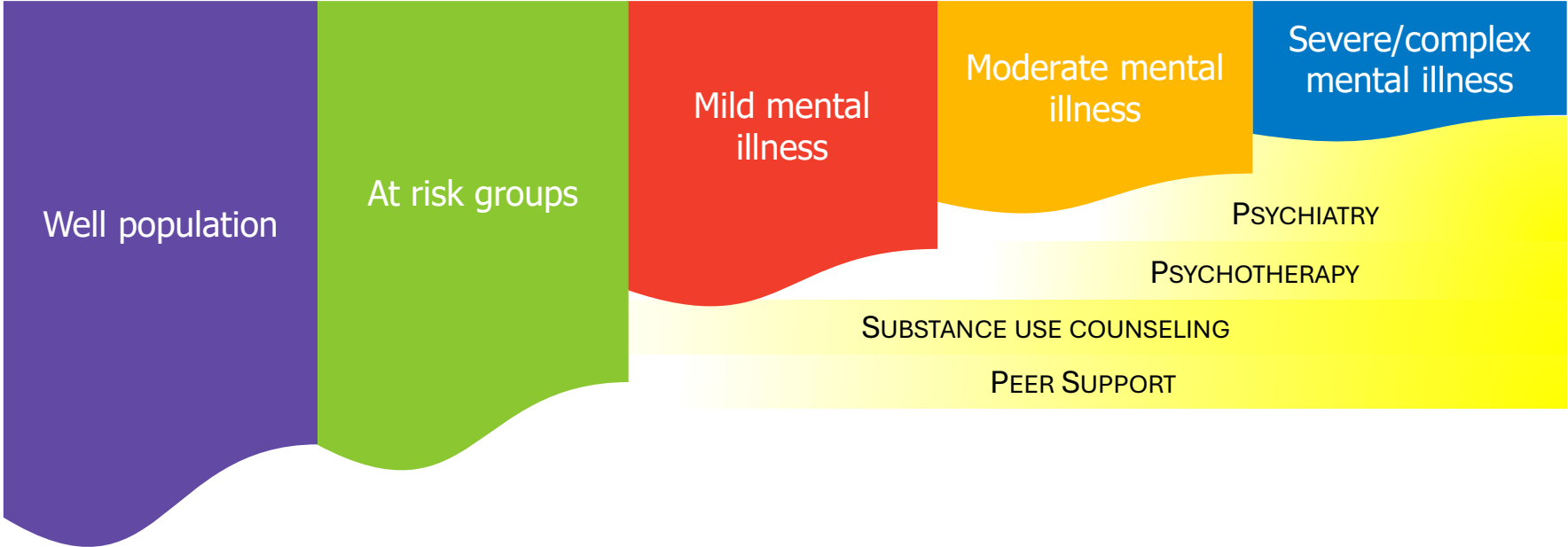
Video 2:
About El Futuro

Counties Served - FY24

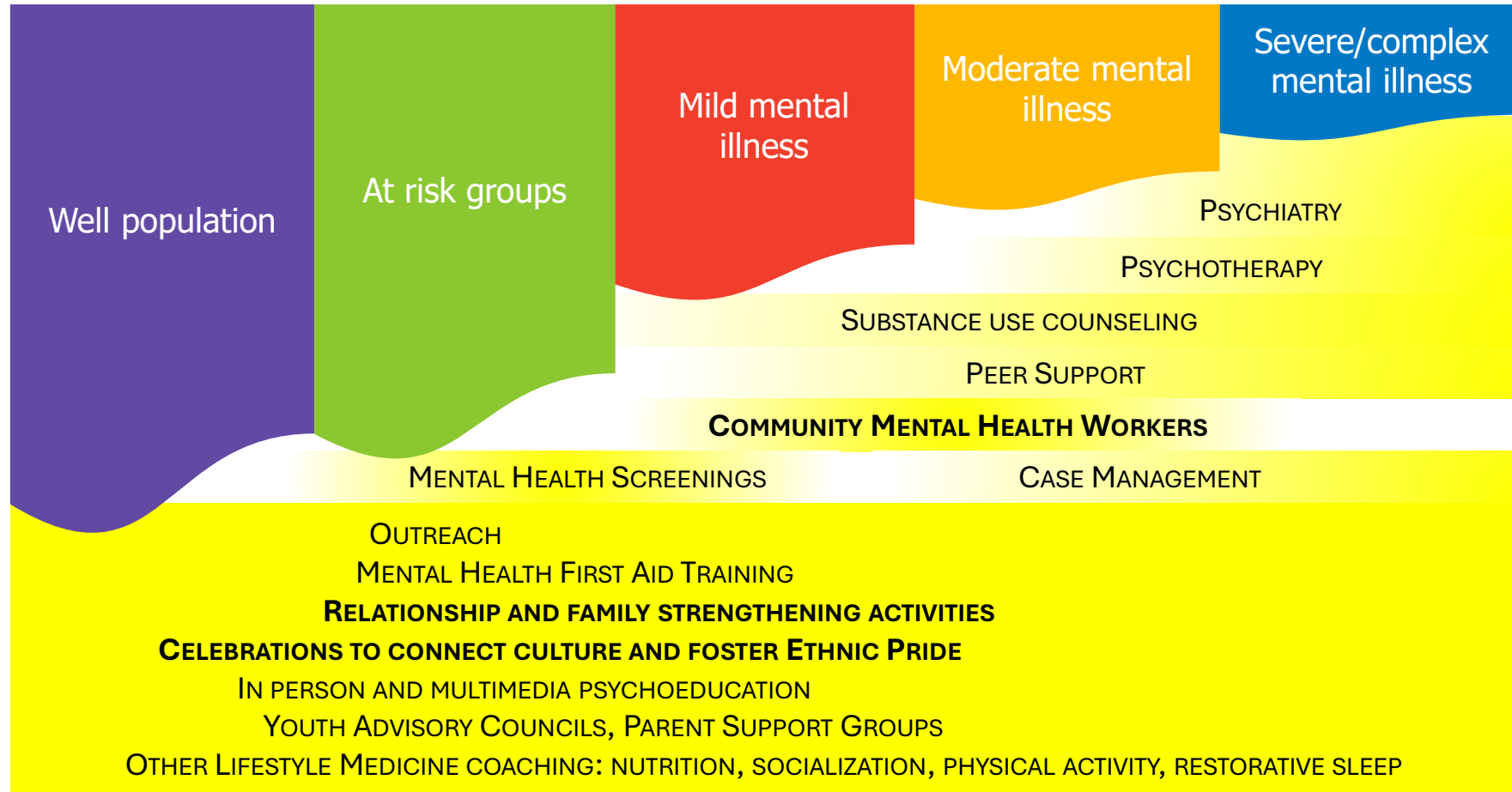
Unique #



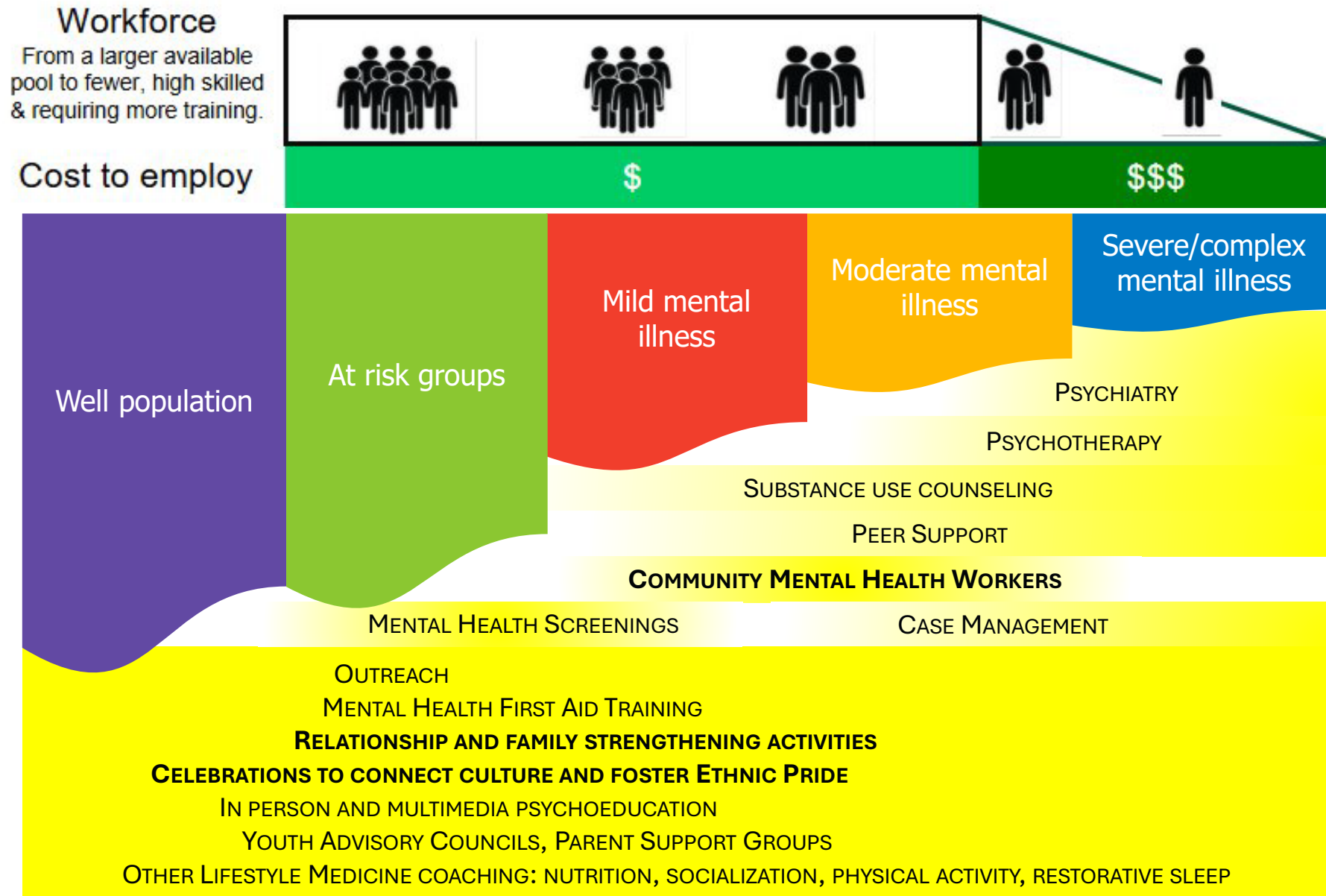
El Futuro's Stepped Immigrant Mental Healthcare Strategy



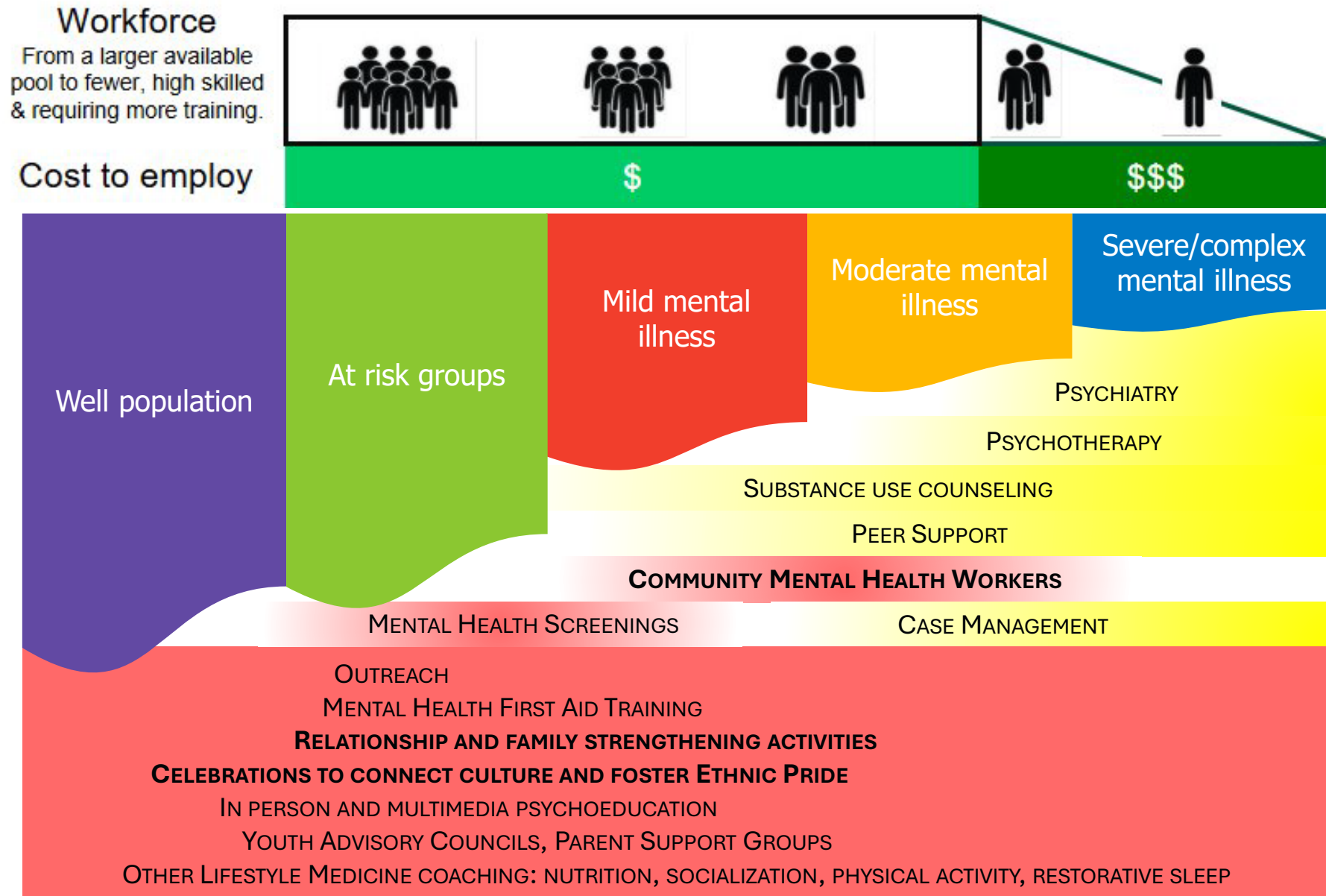
El Futuro's Stepped Immigrant Mental Healthcare Strategy



El Futuro's Stepped Immigrant Mental Healthcare Strategy



El Futuro's Stepped Immigrant Mental Healthcare Strategy



El Futuro

1. Attend our Community Fiesta (aka Kermes)! There is food, music, dance, and culture! This is a great way to show solidarity with the Latino community, supporting them with our presence and by purchasing food and crafts.



2. Come to "Coffee with Luke" on March 16, March 18 or March 19!

3. Sign-up for our monthly newsletter



4. Make a donation!



lsmith@elfuturo-nc.org